



A Cookery Book

***In* INSTALMENTS**

A Collection of Wholesome and Tasty
Recipes, advising on the use of

CULINARY HERBS

and

SPICES

by

Maria Grobner

PRICE TWO SHILLINGS



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Foreword . . .

This booklet of recipes is an answer to the ever-increasing questions of housewives and ambitious cooks. My hobby is cooking, but my profession is the growing of Culinary Herbs and their seeds, which leaves me little time to give the advice I am continuously asked for. So I yielded to the pressure of my friends and clients and compiled this collection of recipes. The most difficult task was the selecting of dishes which would appeal to the majority of cooking enthusiasts and for which the necessary herbs are now available.

The art of cooking calls for respect. To compile a Cookery Book is a big venture and cannot be approached without much thought and planning. But the public is impatient. So I made a compromise by sending this Cookery Booklet on the road; this slender volume of fifty recipes is to be the first instalment. According to the response of the public and the time I can make available, further instalments will appear.

COLD COMFORT FARM

January, 1953.

SOUPS

Chervil Soup, also called Spring Soup.

One oz. butter, 1 oz. flour, 2 pints of good stock, 2 tablespoons of fine chopped Chervil, 2 tablespoons of cream, salt.

Fry the flour in the butter until it is golden yellow, slowly pour in the cold stock, boil for ten minutes. Then add Chervil, salt and cream and serve quickly.

Celeriac Soup.

Fry some chopped onions in butter, until light brown. Wash, peel and cut into slices the root of a celeriac, add to the butter, with a few spoonful of stock, salt and cook until tender and liquid has evaporated. Add 2 spoonful of flour, pepper and enough cold stock to get right texture of a thick soup. (Approximately 2 pints.) Cook for a few minutes, put through a sieve and add two well beaten yolks of eggs just before serving.

Potato Soup.

Two tablespoons of lard, 1 tablespoon flour, 1 large potato, peeled and cut into $\frac{1}{2}$ inch dice, a few sprigs of Marjoram, 1 small Bay Leaf, salt, 2 pints of cold stock. Nicely brown the flour in the lard, add cold stock, potato dice and herbs, salt and boil until tender. Remove herbs before serving.

Tomato Soup.

Chop finely a few sprigs of parsley, basilicum and tarragon and add with two spoons of cream to your ordinary tomato soup 5 minutes before serving.

Green Soup.

Blanch a handful each of borage, sorrel, and spinach leaves, drain and put through the mincer. Fry one oz. of flour in 1 oz. of butter until golden. Chop 1 large shallot and a few sprigs of parsley very fine, add to the butter, fry for 2-3 minutes, pour in approximately 2 pints of cold

good stock, salt, pepper, when it comes to the boil add the minced greens and continue boiling for ten minutes. Don't use a lid or the soup might lose its beautiful bright green colour. It is optional to add a little cream before serving.

Pea Soup.

The empty pods of young peas are boiled in salt water with a pinch of carbonate of soda until tender, drained and put through a fine sieve. Fry your flour in butter, adding fine chopped onions and parsley as described above, then put in the puree of the pea pods, the cold stock, 2-3 leaves of basilicum, a small sprig of savoury, pepper, salt, and cook briskly for 20 minutes. Remove herbs before serving. This soup is served with sippets.

HOT SAUCES

Dill Sauce.

Make a fine buttersauce same as for parsley sauce, but substitute parsley with dill. Add 2-3 tablespoons of cream and a little tarragon-vinegar or lemon juice. The dill should simmer only 10-15 minutes before serving.

Tarragon Sauce.

Melt one teaspoonful of sugar in 1 tablespoon of butter, add 1 teaspoonful of flour, fry until golden brown, pour in good stock to get right consistency of sauce, add one tablespoon of finely chopped tarragon and just before serving a few drops of lemon juice.

Shallot Sauce.

Brown 1 teaspoonful of sugar in 2 tablespoons of lard. Select 20-24 evenly shaped shallots the size of hazelnuts, brown them all round in the fat, add a teaspoon of flour and enough stock to make a smooth sauce. Add salt and tarragon, or dill vinegar to your taste and cook until shallots are tender, but they must not lose their shape.

Sorrel Sauce.

Chop 2 handfuls of sorrel leaves, cook in 2 oz. of butter until tender, then add 1 tablespoon of flour, approximately $\frac{1}{2}$ pint of stock, a few spoons of cream, pepper and salt, cook briskly for a few minutes, then serve.

Fine Herb Sauce.

One handful of spinach and sorrel leaves, one bunch of mixed herbs (basilicum, tarragon, parsley, chervil and balm), are cooked in salt water for 3-4 minutes, drained, rinsed in cold water and well drained again, then finely chopped. Make light brown butter sauce, mix in the herbs, salt, pepper and a few spoonsful of sour cream, cook for 2 minutes, serve with boiled meat.

Spanish Sauce.

One and a half oz. of marrow or poultry fat, 1 clove inserted into an onion of medium size, $\frac{1}{4}$ of a small bay leaf, basil, tarragon, 1 set of giblets, a small piece of veal, $\frac{1}{2}$ pint of stock, small glass of wine.

After browning the above-mentioned ingredients in the fat, pour in the stock and wine and boil for $1\frac{1}{2}$ hours. While still hot put through a sieve and finish off by blending it with 1 egg yolk beaten in the juice of one lemon and a few spoonsful of Madeira wine. Keep on fire to heat, and remove just before it boils.

COLD SAUCES

Egg Sauce.

Cream the yolks of hard-boiled eggs with oil (approximately 1 dessertspoonful of olive or salad oil to one yolk) add salt and white wine vinegar to taste and finally the chopped-up whites of the eggs and chives (1 black coffee-spoonful per egg). Should the sauce be too thick add a little water.

Chervil Mayonnaise.

Half a pint of aspic, 3 tablespoonsful of olive oil, juice of one lemon, a few drops of tarragon vinegar, salt, pepper and sugar to taste, a heaped tablespoon of fine chopped chervil.

Melt the aspic, beat until stiff white fluff, first add oil drop by drop, then other ingredients dissolved in the lemon juice and vinegar. Finally blend in the chervil. This sauce is excellent with cold meat or fish.

Green Mayonnaise.

Three hard-boiled yolks of eggs and a bunch of chives, tarragon and parsley finely chopped are put through a sieve, creamed with 3 dessertspoonsful of olive oil, 3 dessertspoonsful of vinegar, 3 dessertspoonsful of French mustard, salt, pepper and 8 dessertspoonsful of aspic and poured over cold poultry, brains or sweetbreads.

Horseradish Sauce.

Half a cup of fine dry breadcrumbs are moistened with a bit of cold stock or water, then mix well with oil, vinegar and salt, and just before serving half a cup of grated horseradish and sugar to taste.

Cold Parsley Sauce.

Mix lemon juice with oil, French mustard, salt, pepper and a little bit of well crushed bay leaf and add finally a bunch of parsley, with a few sprigs of chervil and some chives, all finely chopped.

Cold Herb Sauce.

Chop the white of one hard-boiled egg with a small bunch of chives, as much parsley, tarragon, sorrel, dill and borage very fine. The yolk of the hard-boiled egg is creamed with salt, vinegar and a few spoons of sour cream. When smooth the herbs are blended in. Take care not to lose any of the juice of the herbs. The sauce is then put in a cool (not icy cold) place for half an hour before serving.

SALADS

Celeriac Salad.

Boil the root of the celeriac till tender, peel and cut into slices. Salt, sugar, pepper, oil and vinegar are added and the salad given a few hours to stand to allow the dressing to penetrate.

Cucumber Salad.

Peel and slice cucumber thinly, salt and leave for an hour, then remove superfluous liquid. Put into salad bowl add olive oil, vinegar, pepper, and some finely chopped dill. Allow at least half an hour to stand before serving.

A Potato Salad.

Boil and peel potatoes, when cold slice them fine and mix with oil, vinegar, pepper, salt and some very finely chopped marjoram and shallots.

Another Potato Salad.

Prepare potatoes as above, add oil and vinegar, salt and some finely chopped chives, parsley, tarragon, dill and basil. Mix well and allow an hour for flavours to blend.

Mixed Salad Nr. 1.

Equal quantities of boiled celeriac root, beetroot, potatoes, lentils and haricot beans (the root vegetables cut into small dice) are bound with a mayonnaise made of raw yolks of eggs with oil, salt, pepper, sugar, lemon juice and mixed herb vinegar.

Meat Salad with Pickles.

Any leftovers of boiled or roast meat are cut into small strips and mixed with beetroot, celeriac root, green peas, potatoes or lima beans. Chop finely some pickled shallots, paprikas (after removing the seeds), cucumbers and some capers, add the oil and vinegar from the pickles, salt to taste and leave to blend for some time. Before serving mix in some mayonnaise.

MISCELLANEOUS

Savoury Cheese.

Mix white cream cheese with a few spoons of sour cream to a smooth paste and add some very fine chopped chives, dill, tarragon, savoury and balm. Salt with discretion and allow to blend for a few hours.

Herb Butter.

Chop very fine parsley, chervil, chives, basil and French sorrel. Take two heaped tablespoonful of this mixture, cream well with one pound of butter; form into shape and place in cool room or frigidaire to set. Allow a few hours for flavours to blend.

Dill Vinegar.

When the dill starts to form seeds it is placed into the bottle about $\frac{1}{4}$ of the bottle, covered with vinegar and placed in the sun until all the dill sinks to the bottom. Then the vinegar is drained into another bottle, corked and stored.

Pickled Cucumbers.

Small cucumbers, between 3-4 inches long are washed and well dried with a towel, then put in layers into a large preserving glass. Between each layer you put some dill (just starting to seed), tarragon, shallots, green paprikas (or if you like them very hot, replace paprikas by chillies), peppercorn and bay leaves. Boil 4 cups of strong vinegar with two cups of water, 3 tablespoons of salt and 2 tablespoons of sugar for a few minutes, cool and pour cold over the cucumbers, covering the top layer well. Close glasses and allow six weeks at least before serving them.

Mustard Cucumbers.

Large, but not overripe cucumbers are peeled, seeded and cut into neat pieces, placed into a large dish and well salted. After 24 hours pour off all liquid and pour over boiling vinegar, leaving it standing again for 24 hours. Then drain the cucumbers, place into preserving glass in layers with green peppers, shallots, bay leaves and yellow mustard seeds, and cover with cold tarragon vinegar which has been boiled and cooled again. The glasses are covered and kept preferably in a dark place until ready to eat.

French Cucumbers.

The cucumbers are peeled, cut into quarters, seeds removed, salted and left standing overnight. Next morning they are drained and inserted into boiling vinegar where they are boiled for a few minutes. Drain thoroughly, place into glasses with layers of pearl onions, or shallots, young green paprikas, dill and tarragon and some peppercorn and all-spice. The vinegar is boiled again, cooled and then poured over the cucumbers, the glasses closed and left for six weeks to mature.

INEXPENSIVE MEAT DISHES

Sweetbreads en Casserole.

Fry a tablespoon of flour in 2 tablespoonsful of butter, when golden add carrots, parsley, celeriac, green parsley, a few shallots, all cut into fine shreds, a few sprigs of basil, a small piece of lemon rind, peppercorn and a small bay leaf, fry for two minutes, then add a pound of well cleaned sweetbreads and some cold stock. Slowly cook for 1-1½ hours. Twenty minutes before serving add 1 cup of shelled peas which will be cooked in the gravy by the time you wish to serve.

Tripe.

Fry some fine chopped onions, green parsley, a little garlic and a few sprigs of basil in butter, add a spoonful of flour, make a sauce with cold stock and add the fine cut, tender tripe, salt, pepper and lemon juice, cooking it all briskly for another ten to fifteen minutes.

Tripe a l'Italienne.

The tender cooked tripe is cut into small strips and fried with ■ generous lot of small diced bacon, in which some onions have been fried to ■ golden colour. Add a spoon of flour, pour in cold beef tea and simmer the lot until very tender. Before serving add salt, pepper, fine chopped parsley and basil and a lot of grated Parmesan cheese.

Fried Calf's Liver.

The liver is well skinned, then cut into very fine slices. Onions are cut into fine rings and fried in a frying pan in lard. When golden brown the liver, ■ few sprigs of marjoram and pepper are added and very briskly cooked, which will take only a few minutes. The pan remains on the fire only until the red juice has disappeared. Only then add the salt and serve instantly.

Brains and Eggs.

Finely chopped shallots, parsley, very little tarragon, basil and balm, are fried in butter, a well cleaned calf's brain slightly cut up, added and quickly cooked (about 4-5 minutes). Serve with two fried eggs.

Larded Hearts (Calf, Lamb or Ox Hearts may be used).

The heart is well larded. Line a casserole with bacon rashers, small cut carrots, parsnips, celeriac, onions and parsley, and put the heart on top with a cup of beef tea or water and cook until the heart is tender, which will take quite ■ long time, according to the size of the heart. Baste frequently with the juice. If desired, the gravy can be enriched with a few spoonful of sour cream.

MEAT DISHES

Veal à l'Italienne.

Small veal cutlets are well pounded with a wooden mallet, dipped in plain flour on both sides and fried in very hot oil or butter with finely chopped parsley and a bit of garlic. If garlic is undesired it may be substituted with a few anchovies. Before serving, a little lemon juice is sprinkled over the cutlets.

Stewed Veal.

Fry one tablespoon of flour in two to three tablespoonsful of butter until golden-brown, then add fine sliced mushrooms, shallots, carrots, parsnips, parsley, basil, a few peppercorns and a small piece of lemon rind and fry for another few minutes, put in 2 lb. of fillet of veal cut into dice (not too small), stir well in the casserole, then pour in the stock and cook slowly until the meat is tender. Twenty minutes before serving some green peas are added and cooked in the sauce. Quartered lemons the served with the casserole.

Larded Leg of Veal (to be eaten cold).

Half a pound of fat bacon is put through the mincer and mixed with one clove of garlic, a bunch of parsley and two or three sprigs of thyme and salt into a smooth paste. Cut deep, narrow pockets with a sharp knife into a leg of veal, fill them with the mixture and roast the leg in the oven until it has a beautiful colour and the meat is cooked. When cold it is carved and served with salads.

Steaks in Milk.

Coarsely cut two large onions, put them into a casserole with a few sprigs of thyme on top of which three well pounded, salted stewing steaks are placed. Cover the lot with milk, about an inch above the meat, cover with lid and cook until all milk has evaporated and browned

with the onions. By then the meat will be very tender, too. Make ■ gravy by pouring in a few spoonful of beeftea (no flour). Serve with dumplings, or new potatoes.

Beef With Herbs.

Two onions are chopped and fried to a golden colour in fat. A nice piece of topside steak is cut into dice, added to the onions, just covered with water, salted and cooked for $\frac{3}{4}$ hours. In the meantime make a white sauce, chop a bouquet of mixed herbs (basil, tarragon, balm, savoury, parsley) very fine, add to the sauce. When the meat is cooked remove all fat from the liquid and mix in your herb sauce. A few drops of lemon juice are added just before serving.

Minced Meat With Macaroni.

Two onions are chopped and browned in fat, a bundle of finely cut mixed herbs (savoury, basil, parsley and thyme) added and fried for a minute or two, then a lb. of lean minced meat, salt and a few spoonful of stock are added. Cook for 30-40 minutes until all liquid has disappeared and the meat turns brownish with the onions. In the meantime cook $\frac{1}{2}$ lb. of macaroni, rinse and drain well. Mix with the meat, cook for another two to three minutes and serve.

Leg of Lamb with Cream Sauce.

Remove all fat and skin from the leg and rub it with salt and garlic. Cut up some shallots, carrots, parsnips, celeriac and place into a casserole with the leg and some stock and braizè for two to three hours until the meat is tender. Lift out the meat and add a spoonful of flour to the browned vegetables. Make ■ sauce with stock and put through ■ sieve. Now add half a cup of sour cream, a tiny bit of lemon rind and some chopped capers to the sauce, replace the meat into the sauce and let it boil up to be properly hot again before serving.

Grilled Lamb's Cutlets With Herb Butter.

Only use the boned eyes, of very tender cutlets. Cut slices of white bread the same size as the cutlets and fry them in butter to a golden colour. Grill the cutlets, place each cutlet on top of a piece of fried bread and top the cutlet with a piece of herb butter the size of a hazelnut. Serve quickly with green peas.

Rabbit en Casserole.

Cook 12 to 15 nice shallots in butter until light brown and soft, then lift them on to a plate until further use. Cut a young rabbit into pieces and braize it in the butter till nicely browned. Add a spoonful of flour, fry for about ten minutes then pour in a cup of white wine and some stock. Replace the shallots, add a dozen mushrooms (previously fried in butter), salt, pepper, half a bay leaf, little garlic and a bunch of parsley with a few sprigs of basil. Cook briskly for another 20 minutes, remove the herbs and bay leaf and serve with small pieces of fried bread.

Chicken à la Cold Comfort Farm.

Cut young carrots, parsnips, leeks or shallots and celeriac into shreds the size of matches, put into a casserole with a sprig of basil, one small bay leaf, $\frac{1}{2}$ doz. peppercorns, salt and $\frac{1}{4}$ cup of vinegar, just cover with water: Cook for about 5 minutes then add 2 spring cockerels (cut into quarters) and cook briskly until tender. (It will take approximately $\frac{1}{2}$ hour. Fry one cup of breadcrumbs in $\frac{1}{4}$ lb. of butter, add one heaped tablespoonful of chopped parsley, cook for another minute or two. Place chickens, juice and vegetables into a deep serving dish and pour the fried breadcrumbs with the parsley over it. Serve with butter dumplings or new potatoes.

Beef With Rosemary.

Three to four pounds of porterhouse steak in one piece is boned and well pounded; 12 to 15 dried rosemary

leaves, a little lemon rind, one clove of garlic, a piece of fat bacon, salt and pepper are finely chopped and creamed that they form a smooth paste. Make small holes into the meat and stuff with this paste, also rub the outside of the meat with it. Place into an earthenware dish and pour olive oil (or melted butter) over it, leave it for one or two days. Now cut the fat of the meat very small, fry one chopped onion golden in it, put the meat, but without the oil, on top of it, fry until brownish, then add some stock and braize till tender. Mix three to four tablespoonsful of vinegar with a tablespoonful of flour, add to the meat and cook quickly for a few minutes. The sauce is put through a sieve before serving.

Roast Pork Fillets.

Crush one clove of garlic with a spoon of salt, rub the fillets all around with it, sprinkle a few caraway-seeds on every one and put into very hot lard. Place a slice of lemon (about $\frac{1}{4}$ in. thick) on each fillet and roast until they have a lovely brown colour. A few spoonful of beef tea or stock added a couple of minutes before serving will make a beautiful brown natural gravy. Serve with red cabbage, any other cabbage, or potato-salad.

SWEETS

Ann's Bay-leaf Custard.

Boil bay-leaves in 1 pint of milk for 10 minutes; remove leaves when the milk is cold again, add $\frac{1}{2}$ pint of fresh cream, 4 eggs, 3 tablespoons of vanilla sugar, mix well until it is really smooth and either bake or boil in double boiler.

Anise Rolls.

Cream three whole eggs with the weight of 3 eggs of sugar with lemon flavour until fluffy. Add the weight

of two eggs of ordinary flour. Prepare your trays with beeswax and put the mixture with a teaspoon thinly in the shape of a circle, about $2\frac{1}{2}$ inches diameter on the tray. Sprinkle a few aniseeds on each. Bake in a low oven until slightly golden, remove from tray and roll while still hot over the handle of a thick wooden spoon. You have to work pretty fast because they break as soon as they get cold and cannot be twisted any longer.





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